

Aftercare Cryo T-Shock Body Sculpting

Follow these guidelines to support your treatment plan and get the most from your Cryo T-Shock sessions. Proper aftercare plays an important role in your overall experience.

Your Aftercare Journey

What to Expect After a Session

After a Cryo T-Shock session, it is common to notice redness in the treated area and a mild tingling or cooling sensation. These sensations typically subside within a short time as the skin returns to its normal temperature.

- ✓ Mild redness in the treated area is common and typically fades quickly.
- ✓ A cooling or tingling sensation may linger briefly as the skin rewarms.
- ✓ Most clients resume normal activities shortly after treatment.

Hydration Guidance

Follow the hydration guidance provided at your appointment. Staying well hydrated is commonly recommended after body sculpting treatments to support your overall treatment plan.

- ✓ Follow the specific hydration recommendations given by Maritza.
- ✓ Maintain consistent water intake throughout your treatment series.
- ✓ Avoid excessive caffeine or alcohol immediately after sessions if advised.

General Nutrition & Meal Guidance

Maintain normal, balanced meals unless you were given different instructions. There is no universally required diet after Cryo T-Shock, but following any personalized guidance from Maritza can support your treatment plan.

- ✓ Eat balanced, nutritious meals as part of your regular routine.
- ✓ Follow any specific dietary guidance provided at your appointment.
- ✓ Avoid heavy meals immediately before or after treatment if recommended.

Activity & Movement

Light activity may be recommended depending on your treatment plan. Follow the specific guidance Maritza provides at your appointment.

- ✓ Light walking or gentle movement may be encouraged after treatment.
- ✓ Follow Maritza's recommendations regarding exercise intensity and timing.
- ✓ Most clients can return to their normal activity level shortly after a session.

Alcohol Considerations

If alcohol avoidance is part of your approved protocol, follow the specific instructions provided at your appointment. Recommendations may vary based on your treatment plan.

- ✓ Follow any alcohol-related guidance given by Maritza for your specific plan.
- ✓ Staying hydrated is generally recommended if alcohol is consumed.

What You May Commonly Notice

- ✓ Temporary redness in the treated area
- ✓ A cooling or tingling sensation that fades quickly
- ✓ Mild sensitivity in the treated area
- ✓ No significant downtime for most clients

What to Avoid Immediately After Treatment

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| ⚠ Hot showers or baths immediately after treatment | ⚠ Saunas or hot tubs immediately after treatment |
| ⚠ Intense exercise if not recommended for your plan | ⚠ Applying extreme heat to the treated area |
| ⚠ Excessive alcohol if advised against | ⚠ Skipping hydration recommendations |

Timing Between Sessions

The timing between sessions depends on your individual treatment plan and goals. Maritza will recommend the appropriate spacing based on the area being treated and your desired results. Follow her personalized scheduling guidance for the best experience.

Maintaining Results

Maintaining a balanced lifestyle with regular activity and hydration can support your overall treatment plan. Follow any maintenance recommendations Maritza provides, including the timing of any follow-up sessions.

Contact Your Technician

Contact your technician if you have questions about your normal post-treatment experience, skin reactions, aftercare instructions, whether what you are experiencing after treatment is typical, or your recommended session schedule. If you are unsure about something you are experiencing after treatment, contact your technician for guidance.

When to Seek Medical Care

Aftercare questions and medical concerns are not the same thing. Your technician can help with normal post-treatment questions, but possible medical complications should be evaluated by an appropriate healthcare professional.

Seek prompt medical advice if you experience:

- ⚠ Severe or worsening pain
- ⚠ Significant or increasing swelling
- ⚠ Redness that is spreading or becoming progressively worse
- ⚠ Unusual warmth around the treated area
- ⚠ Pus-like or unusual drainage
- ⚠ Fever or feeling significantly unwell
- ⚠ Symptoms of an allergic reaction
- ⚠ Any symptom that feels severe, rapidly worsens, or causes significant concern

For severe symptoms, difficulty breathing, or signs of a serious allergic reaction, **seek urgent medical care or emergency assistance.**